Observance of Lent at St. Anne's Episcopal Church

SUNDAYS (UNTIL PALM SUNDAY):
8:00 a.m. Holy Eucharist
9:00 a.m. Holy Eucharist
10:00 a.m. Sunday School
7:00 p.m. Evening Prayer
TUESDAYS:
12:00 noon Noonday Prayers
THURSDAY, MARCH 5:
7:00 a.m. Holy Eucharist and Imposition of Ashes
10:00 a.m. Holy Eucharist and Imposition of Ashes
THURSDAYS BETWEEN MARCH 5 AND HOLY WEEK
7:00 a.m. Holy Eucharist
6:30 p.m. Covered Dish supper

As an expression of our corporate concern for people who are starving let's bring no desserts to these meals. Instead, let's give away (offer, sacrifice) our dessert in the form of coins dropped in the "Hunger Box". The money will be sent to the Presiding Bishop's Fund for World Relief-Hunger.
FRIDAYS:
12:00 noon Noonday Prayers
HOLY WEEK AND EASTER SCHEDULE WILL BE ANNOUNCED LATER.
Any baptized member of the Body of Christ who would participate in Holy Communion (Eucharist) in his/her own Church is invited to do so at St. Anne's.

Winners given in 4-H Cookie contest

On February 20, 1981, the Second Annual 4-H Cookie Contest was held at Appomattox Elementary School for 4th, 5th and 6th Grade 4-H members. 4-H'ers entered cookies in three categories: 1) Drop Cookies; 2) Bar Cookies; 3) Decorated Cookies.

Winners in the 4th Grade were: **Drop Cookies:** Terrie Hamlett; **Bar Cookies:** Joe Servis; **Decorated Cookies:** Jennifer Jamerson; and **Best in the 4th Grade:** Joe Servis.

5th Grade winners were: **Drop Cookies:** Kathy White; **Bar Cookies:** Karen Gilliam; **Decorated Cookies:** Dwan Hancock; **Best in the 5th Grade:** Rhonda Ranson.

6th Grade winners were: **Drop Cookies:** Angela Jaggars; **Bar Cookies:** Jennifer Coleman; **Decorated Cookies:** P.D. Myrick; **Best in the 6th Grade:** P.D. Myrick.

21 4th Graders entered drop cookies. Receiving blue ribbons were: Jennifer Cyrus, Cheryl Franklin, Kim Krantz, Robert Stratton, Sarah Mitchell, Warren Taylor, Robert Coleman, Missy Phelps, Terri Hamlett, Megan O'Donnell, Bryan Wallace and Keshia Haskins.

Receiving red ribbons on drop cookies were: Darlene Kelso, Jennifer Jamerson, Michael Whitmer, Joe Servis, Melinda Fleshman, Cindy Page, Ralph Dean Carter, Jr., Susan Thomas and Julie Youngblood.

16 4th Graders entered bar cookies. Receiving blue ribbons were: Robert Coleman, Jennifer Jamerson, Warren Taylor, Julie Youngblood, Danny Richardson, Ralph Dean Carter, Jr., Joe Servis, Evan Humbles and Keshia Haskins.

Red ribbon winners on Bar Cookies were: Bryan Wallace, Robert Stratton, Chris Barr, Kim Krantz, Dana Campbell, Lisa Adams, and Sara Mitchell.

Decorated Cookies in the 4th Grade were entered by 13 4-H'ers. Receiving blue ribbons were: Sheri Williams, Celeste Bartelt, Warren Taylor, Bryan Elder, Sarah Mitchell, Wendy Archer, Jennifer Jamerson and Kim Krantz.

Red ribbon winners for Decorated cookies in 4th Grade were: Margaretta Lovelace, Terri Hamlett, Keshia Haskins, Karena Jaggars and Joe Servis.

27 5th Graders entered drop cookies. Receiving blue ribbons were: Mary Beth Drinkard, Kathy White, Michelle Kelso, Dawn Hancock, Valerie Guill, Beth Marston, Timmy Drinkard, Anita Wells, Amy Kerr, Danny Williams, Susan Carnefix, Karyen Driskell and Karen Gilliam.

Red Ribbon winners for drop cookies were: Jeannie Lynn Pugh, Angie Whitmer, Michael Norcross, Lori McFaddan, Angela Hunter, Denny Drinkard, Shelly Garrison, Lori Perrow, Kim Fuller, Jennifer Elder, Cindy Poole, Berri Anderson, Tammy Moore and Kathy Driskill.

5th Graders entering Bar Cookies totaled 10. Receiving blue ribbons were: Cheryl Simpson, Rhonda Ranson, Charlene Garrett, Lori Perrow, Valerie Guill, Beth Marston, Anita Wells, Teresa Burger, Karen Gilliam, Scott Dawson and Dawn Hancock. Receiving a red ribbon was: Robin Dowdy.

5th Grade Decorated Cookies were entered by five 4-H'ers. Receiving blue ribbons were: Dawn Hancock, Katrina Archer, Linda Routt and Rhonda Ranson. Receiving a red ribbon was Denny Drinkard.

24 6th Graders entered drop cookies. Receiving blue ribbons were: Annette Turner, Tonya Watson, Warren Moore, Leigh Ann Taylor, Angela Jaggars, Steven Thoma, Cristi Craft, Margie Lockner, Jennifer Schmutz, Tina Perrow, Dawn Kerr and Beverly Goin.

Receiving red ribbons for drop cookies were: Terri Hancock, Jennifer Coleman, Robin LeGrand, Teresa Clark, P. D. Myrick, Aretha Johnson, Kathy Bryan, Gregg Ayers, Wendy Harris, Marlisa Mosley and Cindy Garrett.

Bar Cookies were entered by 15 6th Graders. Receiving blue ribbons were: Cristi Craft, Wendy Harris, P. D. Myrick, Leigh Ann Taylor, Marlisa Mosley, Jennifer Coleman and Cheryl Wooten.

Receiving red ribbons for bar cookies were: Robin LeGrand, Terry Campbell, Wendy Lawson, Jessica Stanley, Margie Lockner and Wanda Martin.

Seven 6th Graders entered the Decorated Cookie Category. Receiving blue ribbons were: Ann Nolen, P. D. Myrick and Leigh Ann Taylor. Red ribbon winners were: Terri Hancock, Wendy Harris, Marlisa Mosley and Cheryl Johns.

Congratulations to each of the 138 participants in the Cookie Contest. It was a tremendous success and we are indeed proud of each one of you.

On April 17 a similar contest will be held for 4th, 5th, and 6th Grade 4-H'ers at Pamplin Elementary School.

These are some of the excellent opportunities that 4-H'ers have to participate in in Appomattox County.

TO COMPLETE THE NEW LOOK at the Bloodmobile's visit on Monday, there was a beautiful new tablecloth for the canteen table. It is white with a red cross in the center and on each corner. It is a gift from the Amelia Dress Company. "Thanks so much Amelia," said Mrs. Alice Martin, Chairman of the Blood Services for Appomattox County."for the 'new look' in the Canteen also." The bloodmobile has new furnishings to make donating blood easier and more pleasant.

UDC meets

By MRS. TILDEN LEE

Mrs. Hazel Martin was hostess for the Appomatox Chapter of the United Daughters of the Confederacy when it met at her home on Thursday, Feb. 19 at 12:00 o'clock noon for a covered dish luncheon.

Mrs. Elaine Moore returned thanks for the food for the chapter members who gathered around the dining room table for a most delightful meal.

Mrs. Martin, chapter president, presided, leading the group in pledges to the United States Flag, and salutes to the Virginia Flag and to the Confederate Flag.

Mrs. Elaine Moore read the ritual and the confederate prayer.

Mrs. Tilden Lee presented a program on "Cities and Seaports of the Confederacy."

In the spring of 1861 the Confederate coastline stretched over 3,54Q miles with 189 inlets. Wilmington, Charleston, Savannah, Mobile, New Orleans and Galveston were considered the principal ports. By 1865 Wilmington became known as the blockade - running port of the Confederacy.

The Confederacy had few ships. Prior to the war there were only two Navy yards in the south, Norfolk and Pensacola, and the Confederacy lost both of them.

During the war Savanhah was an important Confederate supply depot and was Sherman's objective in his march from "Atlanta to the sea" Union forces captured the city on December 12, 1864.

Charleston suffered a terrible fire in December of 1861 and all of Wilmington west of the Cape Fear River burned three years later. Throughout the war, Richmond was plagued with fires. Richmond was known as the hospital center of the Confederacy. Homes, warehouses and every available building were called into use. A yellow flag always marked a Confederate hospital. The citizens banded together to provide as many services as possible for the sick and wounded.

These cities and seaports of the Confederacy have witnessed prosperity and adversity. They have survived reconstruction and emerged with a sense of national pride, patriotism and American ideals.

The meeting concluded with the joining of hands and singing "Blest Be The Tide". On Thursday, March 19 the U.D.C. will meet at 12:00 o'clock noon at Maude's Restaurant.

FRESH FISH — OYSTERS
SHRIMP — CLAMS
MANY OTHER SEAFOODS
2ND & 4TH SATURDAYS
EACH MONTH
FROM 10 — 4 P.M.
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JERSEY — 50/50 Cotton Polyester T-Shirt
SHORTS — 100% Polyester Coaches Shorts Russell
HOSE — Twin City Baseball
CAP — Meshed Back
Price Includes 6" Numbers on Back
Reg. $19.00 — SALE $15.00

JERSEY — 50/50 Cotton/Polyester V-Neck
PANTS — 100% Double Knit w/Belt loops & Zipper Fly — White
HOSE — Twin City Baseball
CAP — Meshed Back
Price Includes 6" Numbers on Back
Reg. $21.00 — Sale $17.00

JERSEY — 100% Nylon Mesh w/2 color V-Neck & Cuff Trim
SHORTS — 100% Polyester Knit w/zipper fly
HOSE — Twin City Baseball,
CAP — Meshed back
Price Includes 6" Numbers on Back
Reg. $25.00 — SALE $22.00

JERSEY — Ranger Style 2 Button Placket Front
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Social Services continues work

The 1980 Christmas drive marked the beginning of the Appomattox County Department of Social Services volunteer services.

Many citizens donated gifts of money, clothing, food and toys for fellow citizens in need. Coordinating this drive was Mrs. Jenny Fratrick; assisting her were Mrs. Peggy Lawson, and Mrs. Shirley Walton.

"I would like to thank everyone who donated gifts and made it possible for many to have a happier season," said Mrs. Fratrick. "I want everyone to know that person receiving gifts made special efforts to express their thanks," she continued.

With the Christmas drive such a success, a year-round volunteer program has been started. Due to budget restraint, local departments of social services do not have fiscal resources to employ needed staff to provide all services needed by citizens. The impact of the deficiencies is felt by all. Volunteers help bridge the gap by being able to provide more in-depth and personalized attention and assistance.

As this program grows, volunteers may also serve in the following areas: homemaking services, personal adjustment counselling services and transportation services.

The Appomattox County Department of Social Services volunteer program's goal is improvement in the quality of lives, and it's theme is "A reason for caring and sharing."

Volunteer coordinator is Mrs. Jenny Fratrick; for information call 352-7125

VOLUNTEERS FOR THE 1980 Christmas Drive were honored at a luncheon at the John Mosby Inn Restaurant on Monday, February 23 by Service Workers of the Appomattox County Department of Social Services. Pictured from left to right, seated, are Mrs. Peggy Lawson, Volunteer; Mrs. Jenny Fratrick, Volunteer Coordinator; Mrs. Shirley Walton, Volunteer. Standing, from left to right, Mrs. Virginia Babcock, Director of the Appomatox County Department of Social Services; Ms. Susan Wright, Service Worker; Mr. Gordon Ragland, Volunteer Specialist of the Lynchburg Regional Office; Mrs. Betsy Carter, Service Worker, and Mr. Richard Martin, Service Worker.

Poor, tired heart

BY FRANCES H. PAULETTE

So, February is Heart Month.....Well, I'm glad, because I'm your heart, and I need all the help I can get!

Just the other day I heard a lady complaining of how much her legs hurt. Now that's bad, but legs can rest, you know. They can just sit down and refuse to walk until they feel better and the fellow or gal they belong to keeps on living. The same thing is true with arms...they can get too tired to serve another meal, type another page or carry another package. Then, they just take a 'breather.' Not so with me.....let me quit for a few minutes rest and it's curtains for the individual that I belong to. As for me, I work all the time....every hour of every day; day in and day out.

Do you want to know what I really am....this heart of yours? I am a four-chambered double pump that beats 100,000 times a day while moving 4,300 gallons of oxygen-rich blood through the circulatory system to the entire body. Now that's what I call work!

As I beat, contractions of thick muscle wall (myocardium) pump blood from the heart through 60,000 miles of blood vessels. I get to rest only a fraction of a second between beats. The normal adult circulatory system contains about eight pints of blood, recirculated continuously through the body.

I even have two pumping stations. The right heart pump receives the blood after it has delivered nutrients and oxygen to the body tissues, then starts it on its journey to the lungs. The lungs cleanse the blood of waste gas (carbon dioxide) and provide it with a fresh supply of oxygen. The left heart receives this 'recycled' blood from the lungs and pumps it through the circulatory system to its eventual return to the right heart. Makes a fellow tired just thinking about it, doesn't it?

Now, I ask myself, what is this American Heart Association, Appomattox Unit, going to do for me?

"The contributions collected by volunteers support research, professional and public education and community service programs," said Debbie Powell, Chairman of the Appomattox County Division of the American Heart Association.

The AHA conducts blood pressure screening clinics from time to time to help you determine if you have high blood pressure. It supports research and delivers local community programs with the support of publicly contributed funds solicited all year long.

The American Heart Association is fighting to reduce early death and disability from heart disease and stroke.

The AHA is concentrating many of its new programs in educating young people about "heart healthy" habits. These programs include public education through school systems and allied youth groups.

You know, that American Heart Association sounds all right. How about you? Will you give all you can? After all, your heart needs all the help it can get! I know!

Century 21 sets fundraiser

Involvement is the goal, and variety is the watchword for the 1981 CENTURY 21 Easter Seals fund raising activities planned or already underway throughout the system.

"We're finding that many people in the CENTURY 21 system are actively welcoming the opportunity to give something back to the communities that support them in their business," said Carol Nick, International CENTURY 21 coordinator. Jim Cummings, president and chairman of this year's CENTURY 21 effort, set the tone for the campaign last fall when he stressed the importance of participation rather than the dollar amount of the corporate contribution: "Once you go about finding out what it is that Easter Seals actually does, you find yourself wanting to participate - you want to help. With that kind of attitude, there's no limit to what we can do!" More than a half million children and adults received therapy, equipment, training and counseling from Easter Seals last year.

Ninety-five percent of all money made in Central and Southwest Virginia will stay here to help the local people. Nationally, last year CENTURY 21 raised $1,112,374.00 for Easter Seals. Every dollar was turned over to the National Easter Seal Society and that portion which had been made by the individual states was returned to them. This year CENTURY 21 Gail Boswell & Assoc. is again joining forces to have a "GREAT SKATE" with area skating rinks. Through these efforts, not only will monies be raised, but a community involvement will be fun, exciting, and for those who really get out and skate for their sponsors, there will be great rewards, such as a Honda Moped, speed skates, precision skates, Trophies, T-shirts and many, many more prizes.

Sponsor forms maybe obtained from Century 21 Gail Boswell & Assoc., 2101 Wards Rd., the skating rink, and in some areas, the schools.

Students may compete

All High School Junior class students in the Southside Electric Cooperative's service area can compete for the Rural Electric Washington Youth Tour in June.

This year's competition will be held on Saturday, March 21 beginning at 10 a.m. in the Lankford Building of Longwood College. The Youth - Energy - Government Fair, the annual competition for the Tour, will be judged by a panel of judges, chosen for their expertise and interest in youth, energy and government.

Contestants will choose their own subject from the following:

How can Cooperatives seek solutions to today's energy problems?

1. In a free enterprise system.
2. In the role of electric power generation.
3. In exploring realistic alternative energy sources.
4. In helping to establish wise energy uses in the homes of today and the future.

The Youth - Energy Government Fair will emphasize to the youths good energy management through involvement and competition. The ten winners of the Youth - Energy Government Fair will receive an all-expense paid trip to Washington on June 15 through 18 to attend the Rural Electric Washington Youth Tour, an educational and informative Tour to better acquaint our youth with the Rural Electric Program and our government in action.

For further information and entry blanks, High School Juniors may call (804) 645-7721 or write the Consumer Service Department at Southside Electric Cooperative in Crewe.

Get in on the Great Ford Mower Giveaway!

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